



# Run Events

Supported by 1<sup>st</sup> Clanfield Scouts  
Present the 2nd



## SUMMER PLOD

On Sunday 5<sup>th</sup> July 2015

ARC (Association of Running Clubs) permit applied for.

### 21 or 6.5 miles of beautiful Trails around the Meon Valley for Runners and Walkers.

The 21m course is exactly the same as the long established winter "Meon Valley Plod". It will be marked with arrows and tape and road crossings will be marshalled for your safety. Route maps may be available but you won't need them. There will be 4 drinks stations with the last 3 providing food as well. The 6.5m course will have 1 drinks point at around 3m. Free refreshments will be available on the course and at the start- finish venue.

**Clanfield Scout Hut, Little Hyden Lane, Clanfield, Waterlooville, PO8 0RU SU696170**

**There are no entries on the day.**

#### Entry Fees: (non refundable)

<b>Runners</b>	<b>21m</b>	£18:00 Affiliated (UKA , ARC , or LDWA) Club Members. £20:00 Unattached
<b>Walkers</b>	<b>21m</b>	£17:00 Affiliated (UKA , ARC , or LDWA) Club Members. £19:00 Unattached
<b>Runners</b>	<b>6.5m</b>	£10:00 Affiliated (UKA ,ARC or LDWA ) Club Members. £12:00 Unattached
<b>Walkers</b>	<b>6.5m</b>	individual £10:00 , ( <b>Family Groups up to 4 £20.00, please ask for separate form.</b> )

**Cheques payable to:** "Run Events"

**Minimum Age:** 18 for the 21 mile course. 14 for the 6.6m course.

**Start Times** 09:00. 21m walk. 09:30 6.5m Walk 10:00 21m Run 10:15 6.5m Run.

**Time Limits** All to finish by 5:00 pm. You may be asked to retire or shorten the course if you are likely to exceed this time.

**Online entries close 4<sup>th</sup> July** [www.runningdiary.co.uk](http://www.runningdiary.co.uk) or [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

**Postal entries to :** Alan Shons, 108 Southdown Rd, Catherington , WATERLOOVILLE. PO8 0NF.

**Contact info from** [info@runevents.org](mailto:info@runevents.org) 07976 426247

**Postal Closing Date:** 26<sup>th</sup> June 2015 or when the limit of 400 is reached

Summer Plod

(FOR OFFICIAL USE ONLY)

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Surname..... First Name ..... SEX .....

ADDRESS .....

POST CODE..... TEL No..... DATE OF BIRTH .....

Age on race day ..... Est time ..... E-MAIL (print clearly).....

CLUB ( Affiliated ) or Group .....

Event entered **21mile Walker / Runner** **6.5m Walker / Runner** *please circle which event entered.*

**Do not use this form for group entries .**

**I enclose entry fee £..... Donation to 1<sup>st</sup> Clanfield Scouts £..... (Cheques to "Run Events") NO SAE req'd**

I declare that I enter this event at my own risk and that no person(s) will be held responsible for any accident, injury or loss to myself prior to during or after this event and that I am medically fit to participate in this event.

SIGNATURE( By Parent or Guardian if entrant under 18).....DATE.....

Data Protection Act. Please note the above information will be processed electronically and used for admin purposes. Names and finish times may be distributed to results services

Run Events is a company limited by guarantee , registered in England, Company number 9062211. Registered office 108 Southdown rd, Catherington , WATERLOOVILLE. PO8 0NF.